TCNJ Dining Services: Navigating Nutrition On Campus
By Puneet Sethi, RDN, TCNJ Dining Services

TCNJ Dining Services has nutrition and wellness in mind at our ten dining locations across campus. In both our resident dining hall, The Atrium at Eickhoff, and our various retail dining locations throughout campus, we strive to provide delicious, nutrient-dense options that meet a variety of dietary needs. We encourage you to look for “mindful” options designated by the green icon to the right, that are recipes designed by chefs and registered dietitians to create flavorful, healthy options without excessive added sugar, fat, and salt.

We encourage students to keep a few tips in mind while navigating nutrition this semester:

• Plan ahead and know your options. Menus for all dining locations throughout campus are available on both our website and through the “Bite” application. Save https://tcnj.sodexomyway.com/ as a favorite tab for quick and easy access! Set a goal to sit down and eat at least three times a day, in addition to one to two snacks.

• Make half of your plate fruits and vegetables! The more colors you can add on your plate, even better! The variety of colors in your meals and snacks reflect the variety of nutrition your body is receiving. Fruits and vegetables add valuable vitamins, minerals, and fiber to your diet.

• Make half of your grains whole grains. All of our dining locations offer at least one, if not more whole grain options!

• Add protein to all of your meals and snacks to keep you full and satisfied. Look for lean, nutrient-dense proteins such as grilled or roasted meats, eggs, beans, yogurt, nuts and seeds.

• Don’t waste calories on empty calories! Mindless eating and “drinking calories” tend to be the biggest pitfalls when it comes to maintaining balanced meals and snacks. Choose water over sugary, caffeinated beverages. Be mindful to pack nutritious snacks so that you are prepared and fueled when you may be busy or stressed.

• When dining at The Atrium at Eickhoff, make it your own! Know that it is OKAY to mix and match foods from various station to add variety, whole grains, and customized items to your meal!

• Be mindful. Be aware of your hunger and fullness. Make sure not to go longer than four hours without eating and be aware of your gradual fullness. It is easy to become uncomfortably full in the dining hall due to the vast options and easy access to foods.
Follow us on social media to receive updates on nutrition and wellness programming across campus. Follow us @tcnjdining on Instagram, Facebook, and Twitter.

Meal Plans through TCNJ Dining Services include individualized nutrition services. Students have access to nutrition consultation general wellness, medical conditions, sports nutrition, and weight management. For individual sessions, or for questions regarding the nutrition program at TCNJ, please email Puneet Sethi, RDN at sdhrd@tcnj.edu.